



Phoenix 3 UPK/HS

Monday - Friday 9:15a-2:15p

DLC - 315-695-4838

www.oco.org/education-services/head-start-upk
 Don't forget to include any activities your family does together on Learning Genie for in-kind*

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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2

3

4

Spring Break—No School

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6



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8

Parent Connect Meeting with Lisa 5pm

9

Positive Solutions for Families @ Oswego Head Start 5:30-7:30pm

10

11 Have an Easter Egg hunt in your yard!

12

Music Monday
Tasty Tuesday
Work Together Wednesday
Artsy Thursday
Family Friday

13

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Positive Solutions for Families @ Oswego Head Start

17

18

Week Of The Young Child

19

Pack a lunch and enjoy a cool day at the park

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21



22

Coffee Hour with Lisa—FS At morning drop off 8:30 am



23

Positive Solutions for Families @ Oswego Head Start 5:30-7:30pm

24

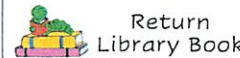
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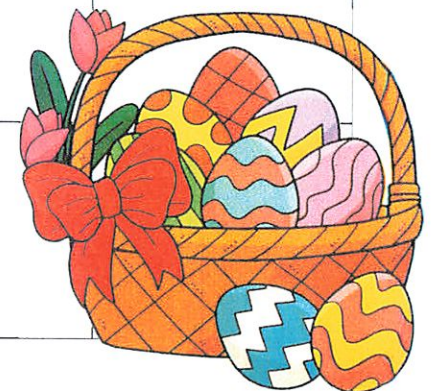
Policy Council 10:00 am



29

30

Positive Solutions for Families @ Oswego Head Start 5:30-7:30pm



Phoenix 3 UPK Menu

(Menu Subject to Change) "Nut Safe"

April 2026

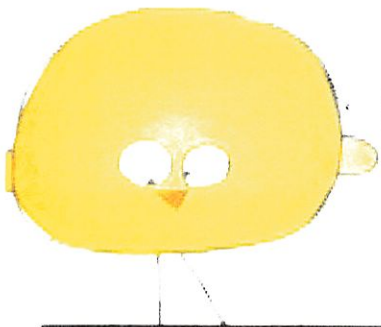
Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Choosy Tip of the Month! ** Children only eat what parents provide so, buy and cook healthy foods for them.</p>				<p>Good Friday</p>  <p>No School Today</p>
6	7	8	9	10
<p>Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk</p> <p>Lunch: Hamburger on Bun, 4-Bean Salad, Pears, Skim Milk</p>	<p>Breakfast: Pineapple, WG English Muffin, Skim Milk</p> <p>Lunch: WG Pancake With Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk</p>	<p>Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Grilled Cheese Sandwich, Apples, Tomato Soup, Broccoli w/ Dip, Bread, Skim Milk</p>	<p>Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk</p> <p>Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk</p>	<p>Breakfast: Apples, WG Cinnamon Toast, Skim Milk</p> <p>Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk</p>
13	14	15	16	17
<p>Breakfast: 100% White Grape Juice, WG Cheerios, Skim Milk</p> <p>Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk</p>	<p>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk</p>	<p>Breakfast: Banana, WG Oatmeal, Skim Milk</p> <p>Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk</p>	<p>Breakfast: Applesauce, WG Pancake With Lite Syrup, Skim Milk</p> <p>Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk</p>	<p>Breakfast: Clementine, Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk</p>
20	21	22	23	24
<p>Breakfast: 100% White Grape Juice, WG Kix, Skim Milk</p> <p>Lunch: Fish, French Fries, Roll, Mandarin Oranges, Skim Milk</p>	<p>Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk</p> <p>Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk</p>	<p>Breakfast: Apples, Biscuit, Skim Milk</p> <p>Lunch: Chicken Wraps, WG Tortilla, Shredded Lettuce, Mild Salsa, Clementine, Skim Milk</p>	<p>Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk</p> <p>Lunch: Sunny Butter & Jelly Sandwich, on WG Bread, Cheese Stick, Broccoli w/ Dip, Fresh Oranges, Skim Milk</p>	<p>Breakfast: Banana, WG Life, Skim Milk</p> <p>Lunch: Pulled Pork, Bun, Baked Beans, Applesauce, Skim Milk</p>
27	28	29	30	
<p>Breakfast: 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Macaroni & Cheese, Peaches, Stewed Tomatoes, Skim Milk</p>	<p>Breakfast: Banana, Yogurt, Skim Milk</p> <p>Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk</p>	<p>Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk</p> <p>Lunch: Chicken Au Gratin Potatoes, Green Beans, Bread Skim Milk</p>	<p>Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk</p> <p>Lunch: Ham & Cheese, Sandwich on WG Bread, Pepper Strips & Celery Sticks, Fresh Melon, Skim Milk</p>	

WG = Whole Grain

This Institution is an Equal Opportunity Provider

* Allergen information for menu items is available. Ask an employee for details.

**** Check foods closely for nut oils: Breads, cereals, crackers, muffins, salad dressings, dips, sauces etc.**



CLASSROOM NEWS

Phoenix 3 UPK/HS

Your classroom
Teachers: Ms. Tracy,
Ms. Melissa,
Ms. Chelsea

April 2026

Fruit Kabobs



This activity is great for promoting fine motor skills development. Provide your preschoolers with a variety of fruit such as:

strawberries, grapes, pineapple, blueberries, and melons.

Have them skewer the fruit on wooden skewers to create their own fruit kabobs.



What We Are Learning:



March came in like a lion and went out a little bit like a lion as well! We have had a busy month. The children have enjoyed making predictions, exploring with science, talking about healthy and non-healthy foods with Choosy. Nurse Pam came in and talked with us about the importance of keeping our teeth clean and healthy. We made blueprints of Leprechaun traps and then created our own traps. Unfortunately, we did not catch the Leprechaun, but he did leave a bit of a mess!

This month we will begin working on CVC (consonant, vowel, consonant) words, we will be working more with subitizing, writing our last names, and possibly writing our own classroom story.

The weather is getting nicer out, we are excited to get outside and on the playground. Please remember to send in appropriate footwear! The children have grown like weeds and may need an update for the extra cubby clothes!

IMPORTANT DATES:

- April 1st-3rd
Spring Break
- April 6th - Mon.
Back to School
- April 8th - Wed.
Parent Connect Meeting
- April 9th 16th, 23rd, 30th - Thurs.
Positive Solutions
- April 13th-17th
Week of The Young Child
- April 22nd Wed.
Coffee Hour with Lisa
- Apr. 28th, Tues.
Policy Council



The Itsy Bitsy Monkey



Sung to 'The Itsy Bitsy Spider'
The itsy-bitsy monkey
Climbed up the coconut tree.
Down came a coconut
and hit him on the knee!
OWWWW!
Out came a lion
Shakin' his mighty mane.
And the itsy-bitsy monkey
Climbed up the tree again!



DON'T FORGET:

Submit any in-kind (volunteer) time on Learning Genie! Bring Back lending Library Books on Tuesdays. Let us know if your child will be late or absent! And have FUN READING TOGETHER! Get outside and enjoy the fresh air of early signs of spring!!





April 2026

Phoenix Head Start/ UPK Family page

Hello Families,

This school year has gone by so fast. We are hoping for hot and sunny days.

In the month of April, the classrooms will be celebrating the week of the young child. The children will be doing activities during the week April 13-17.

I am taking Head Start Pre-K applications for 3- & 4-year-olds for the fall classes. Please call me to set up an appointment. Spread the word to family and friends.

The children who will be entering kindergarten in the fall can register

On the school website www.phoenixcsd.org or call 315 695-1561.

If you are looking for employment, check out the website. WWW.oco.org. We have various jobs openings within the agency.

Your Family Specialist.

Lisa

Parent Connection meeting: April 8 @ 5pm—Please RSVP/Healthy meal prep w/Heather
Coffee Hour April 22 @8:30

Parent Activity: May 7 @ 5pm—Paint night—RSVP a must
For food, supplies and childcare. More information to follow.
If I don't get an RSVP, you will be unable to join us.



National Infant Immunization Week is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs in promoting healthy communities. Since 1994, hundreds of communities across the United States have joined together to celebrate the critical role vaccination plays in protecting children, communities, and public health. For more information, visit: cdc.gov/vaccines/events/niiw

Parent Committee Officers:

Chairperson: Adrinna S.-Ph 2

Vice Chairperson: Noah L.-Ph 1

Secretary: Josalee L.-Ph 1

Policy Council Representative:

Jessica G. and Denise L.

Alternate Rep: Lisa C.-Ph 2

Resources

Phoenix Area Food Pantry

315 394-0023

WIC 315 343-1311

Oswego County food bank

SNAP@foodbankcny.org

866 839-7304

www.foodbankcny.org

Adult High School Equivalency Program

315 963-4283

gedprep@citiboces.org

WWW.citiboces.org/Adultofferings. College Classes

Contact Info:

Family Specialist-Lisa

Cell—315 591-2656

Center—315 695-4838

Email-lurbach@oco.org